

Knee Flow Chart of Conservative Care

By Kevin G. Hearon, D.C., Copyright May, 1999

Cruciates (Anterior Posterior)	Collateral's (Medial Lateral)	Menisci (Medial Lateral)
<u>Grade 1</u>	<u>Grade 11</u>	<u>Grade111</u>
Pain with no instability	Pain with moderate instability	Pain with severe instability
Adjust knee & spine	Adjust knee & spine	Adjust knee & spine
Healing period: Two weeks	Two to Six weeks	Three months
Taping / mild support	Bracing with activity	Full time brace
Avoid position of pain This means active motion is recommended and necessary through the non-painful ROM to activate Wolf's Law and Davis Law of polarity and healing.	Avoid position of pain	Avoid position of pain
Avoid repetitive orthopedic testing/challenging of ligaments of the knee during the healing process until near the end of the healing period. Allow the new filaments of the ligaments to reattach with out you disrupting them constantly.		
No Crutches	Crutches 2 days if needed	Crutches for two weeks and wean off 1-2 weeks
Ice 15 min. tid.	Ice 15 min. quid.	Ice 15 min. 6xday
R.O.M. Weight bearing	R.O.M. Weight as tolerated In water preferred	R.O.M. w/o weight 2 wks. In water tub/pool
Keep upper body active	Keep upper body active	Keep upper body active
Glucosamine to wgt. e.g., 100 lbs-1,000 mg., 150 lbs-1,500 mg., 200 lbs-2,000 mg., 250 lbs-2,500 mg., 300 lbs-3,000 mg. = 500 mg. of glucosamine sulfate per 50 lbs. of weight spread out per day for a period of six weeks then half the dose for maintenance usage if desired. Increased water intake while taking glucosamine is helpful in avoiding cramps in muscles.		
<u>AT TWO WEEKS TO FOUR WEEKS</u>		
Full activity	Moderate to full activity	Begin walking with crutches
Taping - maybe	Wear brace	Wear brace, avoid pain. Exercise non weight bearing unless in swimming pool at chest level water.

AT FOUR WEEKS TO EIGHT WEEKS

Should be normal

Brace during activity

Brace when weight bearing
No crutches

Full strength workouts

Gradually increase non-
weight bearing exercise

AT EIGHT WEEKS TO TWELVE WEEKS

Should be normal

Brace when weight bearing
Start weight bearing exercise
non-painful ROM, e.g.;
cycling, run in water chest
level, mild to moderate weights

AFTER TWELVE WEEKS

Now recheck orthopedic tests

Do gentle adhesion releases in
flexion of the knee to restore
complete flexion and extension of
the knee

Start stretching regimen

Work up to full strength weight
bearing exercises

During the course of this conservative program you should utilize other professionals that specialize in knee injuries if at any point you feel it is not progressing on schedule.